

What is claimed is:

1. A process for assessing and developing an individual's emotional intelligence, based on a hierarchical series of emotional competency building blocks associated with pre-defined emotional states, the process comprising the steps of:

selecting a learning object for use in teaching a selected emotional competency building block;

determining an activity, utilizing the learning object, that teaches the selected emotional competency building block;

engaging the individual in the activity;

identifying areas in which the individual needs reinforcement and, if necessary, repeating the activity, otherwise,

defining the individual as having mastered the selected emotional competency building block.

2. The process as defined in claim 1 wherein the hierarchical series of emotional competency building blocks comprises, in sequence, (1) awareness of self and others; (2) emotional management; (3) empathy and compassion; (4) self-motivation and optimistic thinking; and (5) management of peer relationships.

3. The process as defined in claim 1 wherein the selected learning object is a toy developed to assist in teaching one or more of the selected emotional competency building blocks.

4. The process as defined in claim 1 wherein the selected learning object is a game developed to assist in teaching one or more of the selected emotional competency building blocks.

5. The process as defined in claim 1 wherein the selected learning object is a story developed to assist in teaching one or more of the selected emotional competency building blocks.

6. The process as defined in claim 1 wherein in performing the identifying step, an emotional intelligence mastery scale is utilized to determine the individual's level of performance.

7. The process as defined in claim 6 wherein each unit in the scale may comprise at least three separate levels of performance: (1) always achieves goal; (2) occasionally achieves goal; and (3) never achieves goal.

8. The process as defined in claim 1 wherein each one of the building blocks is defined for young children in the age range of 3-5.

9. The process as defined in claim 1 wherein the pre-defined set of emotional states comprises at least a primary set of emotional states including: happy, sad, angry, scared and proud.

10. The process as defined in claim 1 wherein the pre-defined set of emotional states comprises at least a secondary set of emotional states including: jealous, surprised, worried, embarrassed and shy.